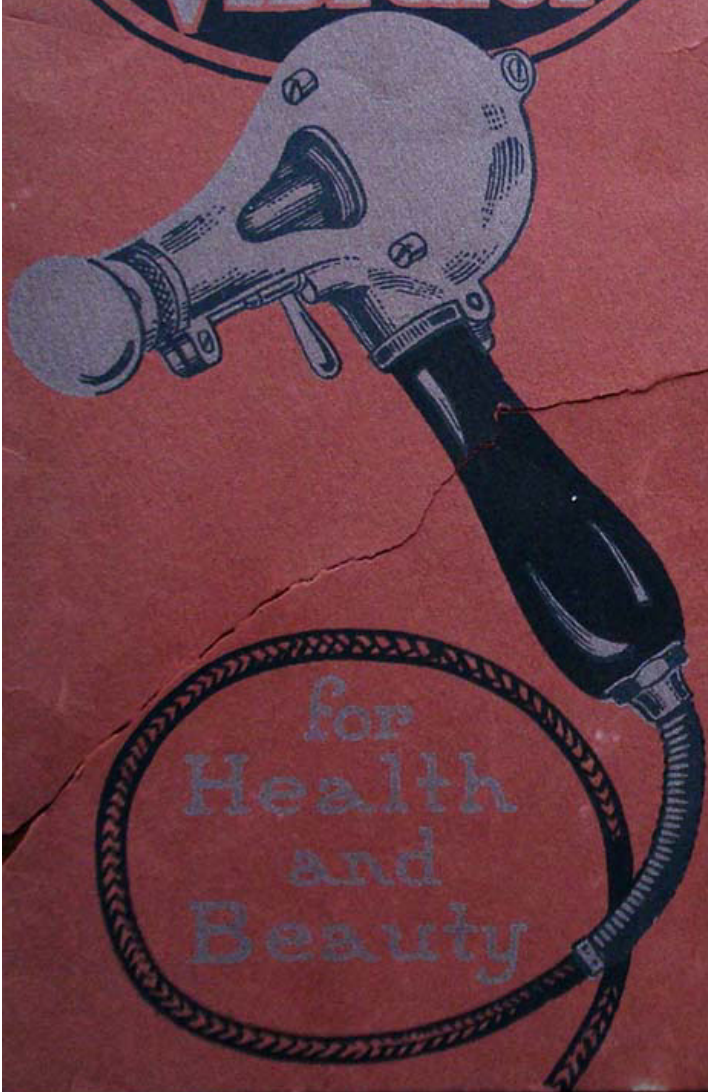


Halliwel Shelton Vibrator



for
Health
and
Beauty

THE RELIEF OF PAIN AND THE
TREATMENT OF DISEASE BY

VIBRATION

Halliwel- Shelton Electric Vibrator



AWARDED FIRST PRIZE

PRICE

50c

Halliwel-Shelton
Electric Corporation

113-4th Avenue
NEW YORK

30 E. Randolph Street
CHICAGO

INTRODUCTORY

THE most primitive instinct common to man excepting only the impulse to secure sustenance, is that which impels us to rub any part of the body in which severe pain is located. This instinct is the first manifestation of dawning intelligence. Pain is nature's warning signal of disorganized or injured conditions, and invariably the first natural step toward cure is to send new blood to the diseased or injured part to build up new tissues.

The sufferer from toothache or headache has an unconquerable desire to rub or press the seat of pain, thus complying, unconsciously perhaps, with nature's demand for stimulation of the blood supply, for new material to replace that which has been broken down by congestion.

This rubbing and pressing, or kneading as it is more commonly called, reduced to a science and performed by those who make a profession of the work, is known as massage.

The medical world has long conceded the great value of massage in relieving untoward conditions. Indeed with certain schools it has come to be regarded as one of the greatest curative agencies known, taking the place of exercise, necessary, yet impossible of self-performance by the bedridden or very weak.

But lack of availability, convenience or means place the services of the professional masseur out of reach of the average man or woman, subject to ailments that demand the relief that only massage can give immediately, effectively and *without harmful after-effects* or the bane of addiction which not infrequently follows the use of certain drugs.

The Halliwell-Shelton Vibrator will in the majority of cases accomplish the same results as the skilled professional masseur. It can be used at a moment's notice in the privacy of the home or office, usually without even removing the clothing.

Notwithstanding the wide range of its usefulness, the machine is so light that it can readily be manipulated by the frailest woman. Its operation is exceedingly simple, and results are certain without previous experience if the accompanying directions are followed carefully.

There is no possibility of injury, nor is discomfort or unpleasantness attached to its use; moreover the relief is usually immediate.

But the efficient curative agent must go further than the mere relief of pain. The conscientious present-day physician seeks to build up his patient's health permanently. The true remedy for ill health is that which not only relieves the effect, but goes further and removes the cause, preventing to the uttermost degree of possibility, recurrence of the conditions which called for its employment.

Used regularly and conscientiously the Halliwell-Shelton Vibrator will promote such a wholesome, sparkling degree of vigor that life will present a new aspect to the man or woman who has moped along in a semi-invalid condition for a long period.

It may be in order here to consider for a moment the perfectly reasonable question as to why there should be need of such artificial means to promote health, which is, after all, a natural right.

If we lived as nature intended there would be no need of recourse to artificial aids. We would be in the open outdoors the year round; we would eat nature's food in the condition in which nature presents it to our use. Fighting for our existence as do the lower animals in their undomesticated state, we would not lack for exercise to stimulate the natural functions of the body.

Our feet would be free from the troubles which shoes bring; eating natural foods, unprepared by artificial means, constipation and indigestion would be unknown. Without stimulants and appetizers, desire to overeat

would not promote digestive disorders, and, as we should not overdress nor live in overheated rooms, coughs and colds would not bother us.

But there is no likelihood of the race returning to these primitive, if in some ways advantageous, conditions. Modern business and society has built up around us a fence of diet, habits and etiquette that none may escape.

Finding ourselves then in these conditions which have an important bearing on our health and well-being, whether we like it or not, we must use the brains with which nature has endowed us to meet them with the best that science can produce.

Thus it is that there is need for such an admirable and efficient device as the Halliwell-Shelton Vibrator, not merely to restore health from broken down to normal condition, but to conserve it and raise it to the highest degree of pulsating physical strength and vigor which in turn has its effect on the mental being, and will in time give a sounder mind and a higher degree of mental clarity and efficiency than is compatible with an unsound, ailing physical condition.

None will dispute that the man or woman whose body is functioning as it should, and whose step is consequently vigorous and whose eye is bright, will do a fuller and a better day's work than the person whose state of health is just the opposite. Except in a few isolated cases, the eminently successful men and women of present-day America are notably vigorous and seem to radiate health, and to be limitless in their capacity for hard work. Now every normal human being recognizes at some stage of youth or early manhood the desirability, indeed the *duty* of taking daily exercise to compensate for the lack of that which we would have in nature's intended state.

Sometimes the recognition of this duty results in joining a gymnasium, or in walking a certain pre-set number of miles daily, or in performing a number of prescribed calisthenics in the course of the morning toilet.

All these courses are commendable and excellent, and would achieve the results sought after, if we had the perseverance and enthusiasm to stick to them. But being human, the inevitable trend is to go at it conscientiously for a few days or weeks, vigorously at first, then with lessening ardor, and finally, as interest wanes and monotony succeeds, to drop it altogether and go back to the average, everyday living, forgetting the benefits which the arduous duties promised.

You, who read this, have been through the experience without a doubt, as I, who write it, have—many times. And what is the remedy?

We have already referred to massage as a practical substitute for exercise. With the aid of the Halliwell-Shelton Vibrator for ten minutes every morning you can secure the same results that a half hour's vigorous exercise would afford.

You can reach the breakfast table with a rousing appetite, and start the day's work with the same impression that stimulated you in the first enthusiastic days of your physical culture, that the world is a *mighty* fine place to live in.

The man who dines at 7 p. m. perhaps more heartily than wisely, and retires at 11, or goes to the theater and eats again after the show, doesn't feel much like exercise before retiring for the night.

But let that same man, without any effort or exertion on his part, use the Halliwell-Shelton Vibrator over his stomach and chest, for a brief five minutes before climbing between the sheets, and he will be astonished to note how quickly any touch of indigestion or fullness after eating is relieved, and how much more sound and refreshing his night's sleep will be.

Such relief and such sleep is entirely different in character to that brought about by the use of a drug. Instead of awakening to reaction, the morning finds one refreshed and ready to tackle the day's work with an

energy that drugs can never purchase more than temporarily, and then only at the heavy cost of sure reaction.

We shall tell you how to use the Halliwell-Shelton Vibrator for the relief of specific conditions of ill health, as well as in the upbuilding of the general physical condition.

The Halliwell-Shelton Vibrator is made for attachment to the ordinary electric light socket, and is supplied for both alternating and direct current of the 110 volt, 220 volt household current. Inexpensive to use, as the current consumed by its daily use will not add more than ten cents to your monthly electric light bill. It takes but an instant to attach the plug and you have at your service an agent for the relief of pain and disease.

DISEASES THAT ARE TREATED BY VIBRATION

Amenorrhea	Dysmenorrhea	Insomnia	Piles
Ankylosis	Dyspepsia	Intercostal Neuralgia	Post Fracture
Angina Pectoris	Dyspnea	Infantile Paralysis	Conditions
Asthma	Earache	Intestinal Catarrh	Prostate, Enlarged
Backache	Ear Noises	Lameness	Rectal Fissure
Bells Palsy	Enlarged Prostate	Lame Back	Rheumatism
Bronchitis	Facial Neuralgia	Locomotor Ataxia	Sciatica
Catarrh	Facial Tic	Loss of Appetite	Sensitive Spine
Catarrhal Deafness	Falling Hair	Lumbago	Shortness of Breath
Chorea	Fissure in Rectum	Melancholia	Sore Throat
Circulatory Disorders	Floating Kidney	Migraine	Spinal Curvature
Cold Hands and Feet	Frequent Urination	Muscular Atrophy	Stiff Joints
Colic	Gall Stones	Nasal Catarrh	Stiff Neck
Constipation	Gastralgia	Nervous Affections	Stomach Troubles
Cough	Goitre	Nervous Prostration	Sprains
Deafness, Catarrhal	Gout	Neurasthenia	Torticollis
Diarrhea	Graves Disease	Neuralgia	Urine Suppressed
Digestive Disorders	Headache	Obesity	Watery Eyes
Disorders of Nutrition	Hemorrhoids	Ovarian Neuralgia	Weak Eyes
Dizziness	Icterus	Pain in Abdomen	Weakness
Dribbling of Urine	Impotency	Pain in Chest	Wrinkles
	Indigestion	Paralysis	Wry Neck

IN CONVALESCENCE—In the sick room where active exercise is impossible, the Vibrator supplies a mild, passive exercise to the muscles, preventing much of the rundown condition which always follows operations and sickness. For chronic invalids a most strengthening, helpful influence is to use the Vibrator daily.

ACHING FEET—Tired and aching feet can take the joy out of life as quickly as any ailment. Women especially, if obliged to stand for any length of time, develop a painful tenderness of the feet that drives them almost to distraction.

Tired, hot and swollen feet may be readily relieved by use of the soft applicator over the entire foot and leg, stroking upward toward the heart. The continuance of this treatment will strengthen the under muscles of the feet and the calf of the leg, lessening the tendency to tiredness and in time doing away with it as an abnormal condition altogether.

AMENORRHEA—Simple cases of amenorrhea usually yield readily to vibration.

(1) Soft rubber attachment; medium strong stroke to lumbar and four lower dorsal centers; ten to twenty seconds over each, medium speed and long stroke, repeating several times.

(2) Rotary, lateral or percussion stroke two or three minutes over each ovary.

Treatment should be given daily or every other day.

Use care not to get the inhibitory effect over the spinal centers. (In metrorrhagia inhibition is desired).

In treating over the ovaries, use the brush or disk with medium stroke. Patient should be lying on her back with knees well drawn up. Cases due to anemia should have appropriate medication in addition to vibration.

Do not forget that vibration is contra-indicated in pyo-salpinx, pelvic abscess and pregnancy.

ANKYLOSIS—Fibrous ankylosis of joints affords an especially favorable field for vibration. In recent cases, care must be exercised in not vibrating heavily over the joint itself, but gradually working up to it from surrounding structures.

In old chronic cases the joint should receive vigorous vibration. In both cases passive movements should accompany the treatment.

Attention is called to the particular muscles usually involved in joint affections.

- (a) Shoulder. Deltoid; supra and infraspinatus.
- (b) Elbow. Biceps; brachialis anticus.
- (c) Hip. Glutei.
- (d) Knee. Quadriceps extensor.

This will naturally suggest that the spinal centers for these muscles should receive vibratory stimulation with the soft vibrator. Medium or long stroke, with medium to deep pressure.

Centers to be stimulated are:

- (a) For shoulder; fourth and fifth cervical.
- (b) For elbow; fourth, fifth, sixth and seventh cervical.
- (c) For hip; fourth and fifth lumbar.
- (d) For knee; second and third lumbar.

Over the joint use the brush with rotary stroke and moderately high speed.

A vibro-massage, with the rotary or lateral stroke and moving the applicator along the course of the blood vessels from the joint toward the trunk, is very useful. Remember the cardinal principle of massage is that the stroke should always be toward the heart; that is, in the direction of the flow of venous blood, thus facilitating the latter.

Always pass the applicator from the joint toward the trunk, then raise it up and bring it back to the starting point and repeat. Never pass it back and forth over the same course, but always in one direction only.

ASTHMA—In spasmodic or bronchial asthma:

(1) Vibrate with the soft-rubber attachment; medium stroke and medium speed; getting deep penetration to the cervical and dorsal centers, at least as far down as the seventh dorsal; and it is a good routine to include all of the dorsal centers.

(2) Go over the centers three or four times and if sensitive areas are found, go over these six or eight times.

(3) Then vibrate the pneumogastric nerve, reaching it at the side of the neck opposite the most prominent part of the larynx, at the anterior border of sterno-cleido-mastoid muscle.

(4) Then, reclining in chair, or lying on back on table, use brush over pectoral muscles, working toward the sternum; then below the pectoral muscles vibrating toward and into axillae.

Asthma is usually associated with some neurotic condition, which should also receive attention.

Use care in treating the pneumogastric nerve.

In asthma of cardiac or renal origin, only temporary relief may be had from vibration.

For cardiac asthma, deep inhibitive treatment to include the third to eighth dorsal centers and milder stimulation from the third cervical to the third dorsal.

For asthma from kidney disease, the last dorsal and first, second and third lumbar centers should be vibrated (inhibitive treatment). In short, a good method is to vibrate from the fourth dorsal down to the fourth lumbar, inclusive.

BACKACHE—Anyone who has suffered from this complaint will testify that nothing will kill ambition more effectually. The causes may be soreness of the muscles from overexertion or lifting, or the displace-

ment of internal organs. The latter is, of course, a subject for treatment by a physician. Whatever the cause, however, the use of the Halliwell-Shelton Vibrator will afford prompt relief from pain.

THE CIRCULATION—Poor circulation is the father of a host of ailments, principal among them being rheumatism. From the terrors and ravages of this dreadful disease the results of poor or impeded circulation range all the way down to the mere discomfort of cold hands and feet.

The Halliwell-Shelton Vibrator will relieve poor circulation and cold hands and feet more quickly and naturally than any other known agency. And the stomach is not overloaded with drugs, the heart is not endangered by stimulants, and there are no bad after-effects. It is throughout a natural process.

Brisk treatment of the surface of the whole body will send the rich, warm, red blood surging through every organ, taking away the chilliness, and leaving a warmth and glow of health. Fingers and toes thrill and tingle under the treatment, and are quickly made pink with warmth and health instead of pale and clammy with cold and lack of vigor.

It is the free-flowing circulation of the blood that builds the body of an athlete strong and healthy. The Halliwell-Shelton Vibrator stimulates the circulation of the blood the same as exercise, passively exercising all the muscles without fatigue or loss of energy.

A weak, thin arm or leg is the proof of poor circulation. If you should exercise this weak arm or leg day after day, it would get strong and healthy. Vibratory massage is an artificial exercise.

CONSTIPATION—It is not possible to overestimate the dangerous possibilities that may result from neglect of this ailment. The retention of waste matter in the human system leads to almost every conceivable sickness. No matter what disease the physician may be called on to treat, the first step is always to eliminate promptly all waste matter, giving nature a chance to do her work of restoration.

There is little need to describe the symptoms of constipation. Nervousness, headache, fullness, lassitude are the first evidences; there is no limit to the extent of trouble that may result from continued neglect of constipation.

The cure of this weakness by the drugging method is slow, uncertain and frequently carries in its train a host of trouble hardly second to the original complaint. The use of the Halliwell-Shelton Vibrator for a very few minutes over the region of the bowels will result in speedy relief in a natural way, and positively without after effects. The application of the Vibrator should be commenced at the lower right



Halliwell-Shelton Vibrator for Results

A massage with "The Halliwell-Shelton" produces an active exhilaration and causes a pleasant, warm glow to pervade the whole system, increasing and equalizing the circulation and nerve action, imparting a feeling of buoyancy and freedom, which has only to be tried to be appreciated.

The application of the Vibrator should be commenced at the lower right

hand side of the abdomen, and slowly brought upward to the base of the ribs, turning at that point toward the left side. Apply freely on the nerve center known as the Solar Plexus, then continue slowly to the left side, and down that side of the abdomen. Repeat this course two or three times, pressing the Vibrator fairly hard against the body, stimulate the spinal centers from the fifth or sixth dorsal down to the coccyx.

Here again we strongly advise the user not to be satisfied with merely relieving the distressed condition for the time being, but to make a practice of using the device over the stomach regularly morning and night. This practice will promote better circulation of the blood, help the process of elimination, tone and strengthen the nerves and muscles of the stomach and improve the general all around health immensely.

CEREBRAL ANEMIA—(1) Apply the soft vibratode to the cervical and first five dorsal centers. Use considerable pressure; medium length; and apply for thirty to forty seconds or longer, over each point, to get inhibitive effect.

(2) Then use the rotary or lateral stroke with the brush or with the soft rubber ball, or rubber cup, and vibrate with light pressure for a minute or two over the occiput and over the side of the neck, using medium speed.

WRITER'S CRAMP—(1) Stroking vibro-massage, with rotary or lateral stroke and medium speed and pressure, to the whole arm; beginning at the finger tips and working upwards.

(2) Mild stimulation of brachial plexus and axillary lymphatics; also to the cervical and upper dorsal spinal centers.

DEAFNESS—Deafness requires careful treatment and much patience. Treatments must be short, and given several times a day, to show the best results. The only right way is to have a Halliwell-Shelton Vibrator in the home, where it can be used whenever required. It often happens that a single treatment works wonders, restoring hearing to ears that have heard little or not at all for a long time.

Always the Halliwell-Shelton Vibrator relieves the roaring, ringing noise in the ears in a single treatment. Spinal stimulation to cervical and first and second dorsal centers with strong vibration three to six seconds over each point; then apply soft rubber applicator just in front of ear, below it and behind it five or six seconds at each point; finally open mouth and fix lower jaw so that heavy vibration with soft rubber cup on chin will transmit vibration back along the jaw-bone.

DIABETES MELLITUS—Vibration has been recommended for diabetes on the basis of Kellogg's statement, that "vigorous muscles, even when at rest, destroy more sugar than do feeble ones," and the further statement that "exercise of the muscles increases the consumption of sugar and thus diminishes the amount of sugar found in the urine in cases of diabetes."

This would possibly warrant its use in this disease as an adjunct to other treatment, unless arterio-sclerosis is present, when vibration is contra-indicated.

I would suggest as a technique a general spinal stimulation, with soft applicator; and then vibro-massage with gyrating stroke to the larger muscles. Also stimulate liver (fifth to ninth dorsal centers, right side, and to intercostal spaces).

FADING BEAUTY—If it be true that beauty is only skin deep, then all womankind will agree that the skin is exceedingly important. Certain it is that no woman is willing to see her good looks fading with the advance of years.

Beauty is not something which can be bought by the box or retailed by the bottle. Real beauty cannot exist where good health is not present. The pores of the skin must perform their important function as a local agent, and all the functions of elimination must work perfectly to maintain a good complexion and a clear skin.

The use of the Halliwell-Shelton Vibrator as instructed for the treatment of constipation is of the first importance. It should be supplemented by the use of the soft applicator over the face. Under this treatment a clear, clean skin will be maintained, and crow's feet and wrinkles will disappear.

There is no need of the premature stamp of advancing age on the features. A little work with the Vibrator will remove all such indications and prevent their return.

Remember that cosmetics merely cover up disfigurements and, by clogging the pores, effectually prevent nature from helping herself. There is no permanent satisfaction in such applications.

A single treatment of the Halliwell-Shelton Vibrator will convince the most skeptical that it is a crime against nature to allow the marks of age to remain on the face, chin and neck. The soothing treatment of the Vibrator gently massages the soft muscles of the face, chin and neck, restoring the roundness and bloom of health.

FALLING HAIR—Diseases of the hair and scalp are invariably the result of poor nourishment of the blood cells in the scalp. The tight hats worn by men not only prevent natural ventilation of the hair, but cut down the proper blood supply for a number of hours daily. Nature thus abused, must have compensating stimulation to re-nourish the impoverished roots of the hair.

The Halliwell-Shelton Vibrator is the most rational of all treatments, since it results directly and immediately in re-establishing the depleted circulation and stimulating a new and healthy growth. No hair tonic can possibly do this. In fact, it is logical to assume that the sole advantage of the use of a so-called hair tonic is the rubbing and massaging given incidental to its application. The mere tonic itself cannot possibly affect the starved roots of the hair. It may be a pleasant dressing, but there is no medicinal value attached to its use.

It is well to bear in mind, however, that once the roots of the hair are dead, no power on earth can restore them. The only hope of saving falling hair is to give it the logical treatment before it is too far advanced.



Use "U" Applicator for Ladies' Facial Massage

Up to a certain point the Halliwell-Shelton Vibrator, by the same reasonable method as scalp massage at the hands of a skilled operator, will save the hair. Beyond that point, nothing will benefit it.

In using the Vibrator on the scalp, use the brush applicators, stroking the hair gently from the forehead to the back of the neck with light pressure. The sensation of this wholesome massage is altogether delightful. Loose, dead hair will drop out and dandruff will come away. The scalp will be left in reinvigorated, healthy condition and the hair will grow like that of a child.

GROWING CHILDREN—Perfect circulation in a growing child is all-important at any age. The use of the Vibrator on the bodies of your little ones will result in beautiful flesh and vigorous muscles.

Underdevelopment in young children responds particularly well to vibratory treatment.

Rickets, crooked limbs and even shortness of limbs may be corrected in a child by proper mechanical massage.

HEADACHE—There are people in the world who have never suffered from headache, and to them we offer sincere congratulations. It is doubtful if there is any more agonizing sensation from which human beings suffer than a violent, throbbing headache.

The cause may be nervous tension, disturbance of the digestive organs, constipation, eye-strain, or any one of a number of physical disarrangements. The Halliwell-Shelton Vibrator used gently upon the temples will relieve the blood pressure at the brain; it may also be used advantageously at a point just above the back of the neck, or moved very slowly up and down the top of the spinal column.

The temple application should consist of a stroking away from the forehead proper. Relief will be found in a very few minutes. The next step should be to use the Vibrator as in the treatment prescribed for constipation, with a view to securing immediate relief of the bowels. Whatever may be the direct cause of the headache, no mistake will be made in endeavoring to bring this result about as soon as possible.

If the headache arises from trouble with the digestion the treatment should be applied directly over the stomach, over the lightest garment, or directly on the skin itself.

If the pain is the result of nervousness, use the treatment suggested for insomnia, terminating it with application up and down the spine. The effect will be soothing and will tend to produce peaceful, restful sleep.

HEMORRHOIDS—For the relief of internal hemorrhoids, vibration should be applied as follows:

(1) Heavy stimulation of lumbar and sacral centers, with ball vibrator and long stroke.

(2) Stimulate liver (fifth to ninth dorsal centers, right side, and over intercostal spaces).

(3) Hard rubber applicator with short rapid gyrating or lateral stroke, applied over the rectum through the clothing. If no protrusion exists, a twenty or thirty seconds' treatment over the anus is sufficient; but if internal pile tumors protrude through the sphincter to the outside, a longer treatment, one and one-half to two or more minutes over the tumors, and finally within the rectum, is required with the G applicator.

Daily treatments up to nine or ten, and then three times a week. In external hemorrhoids, vibrate with rectal applicator and medium gyrating or lateral stroke over the tumors. Results are slow in these cases.

HYSTERIA—*In hysteria vibration is simply an adjunct to other measures.*

- (1) General spinal treatment with soft applicator and deep pressure, regulating the length of treatment as required.
- (2) Medium stroke with rubber brush over anesthetic areas.

INDIGESTION—Indigestion may result from several causes. Over-eating and eating too rapidly are common causes. Obviously the best way to cure digestive troubles arising from them is to correct the habits themselves. Speedy relief meanwhile can be secured by using the Halliwell-Shelton Vibrator vigorously over the stomach and liver.

But all indigestion is not necessarily the fault of the sufferer, and is not so easily abolished. The cause may be an insufficient flow of the gastric juices, weakness of the lining of the stomach or poor circulation of the blood supply to those regions. The use of the Halliwell-Shelton Vibrator preferably with the flat attachment, around the region of the liver and stomach will bring quick relief from distress and give a glow of warmth and reinvigoration. The work of the Vibrator is to stimulate the flow of the gastric juices necessary to bring the contents of the stomach to a proper condition for absorption and digestion.

INFANTILE PARALYSIS—*The technique for the use of vibratory stimulation is:*

- (1) Soft attachment; medium stroke and speed to all of the spinal centers, dwelling on each about ten or fifteen seconds.
- (2) Medium length rotary and medium speed, applied with soft rubber brush, or U ball, over the principal muscles affected.

Daily treatments over a long period of time.

Attention has been called to the desirability of vibrating over the ends of the long bones of affected limbs, to stimulate epiphyseal growth and lessen or prevent shortening.

INJURIES, SPRAINS, BRUISES—Sprains are straining of the muscles, tendons or ligaments as the result of a bad wrench. A bad sprain is often more painful than a broken bone, and should have prompt attention.

Vibratory treatment will tend to reduce the swelling and, by introducing new blood to the part, hasten the repair of the injured member. Here, as in other cases, the soft rubber applicator has a decidedly soothing effect, easing the pain.

Bruises are the signs of local tissue and cells completely broken down as the result of a blow or impact, with temporary suspension of the circulation resulting. Stimulation of the flow of new blood to the part by means of the Halliwell-Shelton Vibrator is the first logical step in treatment.

In the case of a black eye or other facial bruise, prompt use of the Halliwell-Shelton Vibrator will help restore the part to its normal appearance, in addition to easing the aching pain.

It is well to bathe the injured part in water as warm as can be borne, using the Halliwell-Shelton Vibrator immediately after.

The trained athlete or the amateur will find in the Halliwell-Shelton Vibrator grateful relief for sore and strained muscles and stiffened joints.

LATERAL SPINAL CURVATURE—*Observe the side toward which the column bends and note the contracted muscles.*

- (1) Give deep inhibitory vibration, with soft applicator, to the side having the contracted muscles. Dwell on each center one and one-half to

three minutes, until complete relaxation of the muscles is produced.

- (2) On the opposite or convex side of the curve, give a good stimulating vibration, six to ten or twenty seconds over each center. Use soft disc and apply it also over the spinous processes, which turn toward that side. Make pressure with thumb reinforcing the applicator, during the vibration, in the direction of pushing the spinous processes back toward their proper position.

The object aimed at by inhibition of contracted muscles is relaxation and lessening of the irritation; while on the convex side, stimulation is given to aid the muscles and to increase the blood supply to the nutritive nerves.

LOCOMOTOR ATAXIA—The use of vibration in locomotor ataxia has been productive of much benefit and in a large number of clinical reports, improvement has been noted and symptomatic cures or arrest of the progress of the disease have been reported in several instances.

I do not believe that mechanical vibration will revivify the dead and degenerated cells in the posterior columns of the cord; but there is reason to expect that in a fair percentage of the cases, many of the distressing symptoms may be relieved and the progress of the disease stopped or very materially retarded.

I use the following routine for the vibratory treatment:

- (1) Heavy vibration; Y applicator; long stroke; medium speed to all of the spinal centers and to the sciatic notch, using much pressure and vibrating twenty to thirty seconds over each point.
- (2) Rotary or lateral stroke; medium pressure and length; to calf and posterior median line of leg.
- (3) Brush; with light pressure; rapid speed; rotary or lateral stroke; over hyper-sensitive areas, until inhibition is accomplished. Over anesthetic areas, same stroke, for twenty seconds.

The vibration to legs and sensitive areas outside of the spine is not theoretically required; but practically affords considerable relief and comfort to the patient, for which reason I make their treatment a part of my routine.

Constipation and other accompanying symptoms call for the vibratory technique recommended for these conditions.

Treatment must be kept up for months.

LOSS OF VIGOR—The Halliwell-Shelton Vibrator is a veritable Fountain of Youth to those who are nervously depressed and "all in." The first treatment will put new "go" into you, driving away all tiredness and soothing and refreshing the nerves.

A single treatment will make you feel like a new person.

Deep vibration to the spinal centers from tenth dorsal to the coccyx, with heavy stroke treatment, should be taken daily at first, then every other day.

LUMBAGO—Application of the Halliwell-Shelton Vibrator to the small of the back will speedily relieve the misery of this trouble, which is really rheumatism in the small of the back.

A short use of either the ball or the flat applicator, which can be self-applied or given by some other person, will give the results desired.

NERVOUSNESS AND SLEEPLESSNESS—Use the hard or soft rubber disc applicator. Nervousness and insomnia may be said to act and retro-act. Nervousness is a direct cause of loss of sleep, while the



Stomach Trouble

certain result of continued lack of rest will be a highly nervous, unstrung condition. An application of the Halliwell-Shelton Vibrator just before retiring, preferably

but not necessarily by a second person, will soothe the nervous system by regulating the blood supply to the brain. The tendency of the vibration is to relax the nervous tension and impart a grate-

ful tired yet refreshed feeling under which nature yields to sound slumber.

Let the patient recline on the back with the head slightly elevated on a pillow while the second party runs the Vibrator slowly over the forehead and temples, following up the application over the limbs and trunk. Turn on the face and repeat the treatment, applying (very slowly) up and down the spinal column last. It is noteworthy that the Vibrator may be used in sensitive regions where the ordinary touch is intolerable. The same treatment will yield comforting relief in high strung conditions following tense excitement or nervous strain.

NEURALGIA—The torturing pains of neuralgia are relieved quickly by the use of the Halliwell-Shelton Vibrator.

The Halliwell-Shelton Vibrator, on the other hand, will cause the pain to subside in an easy, natural manner in ten or fifteen minutes. Relief of congestion is the right method; the pain is relieved as its cause is removed. Used at the first warning of oncoming neuralgia the Halliwell-Shelton Vibrator will offset the attack and spare hours of pain and misery.

NEURITIS—Neuritis may involve a single nerve or it may affect a number (multiple neuritis). The general theory of the treatment is stimulation of the spinal centers of the nerves affected, with attention to the drainage lymphatics; and the judicious use of local vibration along the muscles reached by the diseased nerves.

BRACHIAL NEURITIS

(1) Inhibitory vibration to the fourth, fifth, sixth, seventh cervical and first dorsal centers. If very tender, use brush or soft ball; long treatment; then, later, as tenderness disappears, use the hard ball vibrator.

(2) Lateral or rotary stroke to axillary lymphatics and to shoulder and arm muscles.

MULTIPLE NEURITIS

(1) Inhibitive treatment to whole spine; medium stroke and pressure, or large soft rubber attachment may be used first if great tenderness is present.

(2) Y applicator with light, rotary or lateral stroke, to affected muscle and nerves.

OBESITY—Considerable has been accomplished with vibration and oscillation in relieving obesity.

(1) Apply medium stroke and pressure; with medium speed; disc applicator over the fatty parts. Rotary or lateral stroke.

(2) Gradually increase pressure and stroke to limit of patient's tolerance.

(3) Stimulate with medium stroke and pressure the adjacent lymphatics.

(4) Stimulate liver and spleen.

Avoid spinal centers, except those governing liver and the spleen. Daily treatment at first four to five minutes only; but gradually increasing up to twenty or thirty minutes.

RHEUMATISM—While hardly two schools of medicine have agreed on the cause of this disease, its unfortunate victims are too well agreed on the fact that its agonies are well-nigh unendurable. The effect of the Halliwell-Shelton Vibrator in loosening up stiffened joints and dispelling congestion is little short of miraculous. Many a sufferer from rheumatism has, after a single treatment with the Halliwell-Shelton Vibrator, walked without the cane he has long depended on, and moved limbs that have long been stiffened to the point of total helplessness.

Select the applicator best adapted to the part where the pain is seated. The soft rubber disc is free from all the harshness which the hands impart, and those with the most tender skin will find no discomfort in its use. A brief application will soothe the nerves, stimulate the circulation and rest the aching part to a degree that speedily banishes pain.

In chronic cases it is advisable to use the Vibrator several times daily, after removing the clothing. While the first treatment will relieve the pain the use of the Vibrator should be continued after its disappearance, and the treatment should be taken daily for several weeks, irrespective of whether the pain recurs or not.

The man or woman who has suffered the agonies of rheumatism will find in the Halliwell-Shelton Vibrator one of the greatest blessings that science can bestow.

SENSITIVE SPINE—The treatment of this condition naturally suggests itself.

(1) Brush; with mild, rotary or percussion stroke; medium speed and pressure; over the whole spine (spinous processes and all).

(2) Inhibitory treatment, one or two minutes, over specially sensitive centers.

SCIATICA—This is a rheumatic affection of the great sciatic nerve that runs from the hip joint down the inside of the thigh to the knee and beyond. Sciatica is one of the most painful diseases. The inflamed nerve is very sensitive, and sometimes surrounding tissues actually grow fast to the nerve and exert a constant pressure and pull on it.

Vibration immediately stops pain by stimulating the circulation. The increased flow of blood flushes the arteries and carries the impurities along to the kidneys, where they are eliminated from the body. Thousands have received relief in the use of vibratory massage.

SORE THROAT AND NASAL CATARRH—Tonsillitis, Pharyngitis, Laryngitis and other ailments of the throat are readily and easily relieved by the Halliwell-Shelton Vibrator, using any of the soft applicators.

By a firm downward stroking of the throat the congestion is relieved and pain disappears while the voice returns to normal. Press on the sore parts for five or six seconds, then let the parts rest for the same length of time, and repeat.

Catarrh is directly the result of congestion and consequently impeded circulation. Use the soft, round applicator around the top and sides of the nose for a few minutes, and the congestion will let up with speedy relief of the discomfort and the return of clear breathing. Nasal obstructions are sometimes mistaken for catarrhal conditions. If the Halliwell-Shelton Vibrator treatment fails to relieve an apparently blocked state of the nostrils it is possible that polypi are present and a specialist should be consulted. The only treatment for polypi is a slight operation for their removal.

SORENESS OF THE CHEST—The pain and discomfort that comes from coughing due to weakness of the chest and lungs yield readily to the Halliwell-Shelton Vibrator. More and more this scientific method of treating disease is used in hospitals and sanitariums in the treatment of chest disorders.

Bronchitis, asthma, pleurisy, cold in the lungs—any affection of the chest—should be treated at once with the Halliwell-Shelton Vibrator. Use whatever applicator you choose, and vibrate the region of the pain thoroughly twice a day.

WASTED MUSCLES, UNDERDEVELOPMENT—If you are abnormally thin all over, or in the arms, legs or other part of your body, it is almost certainly because you are suffering from lack of proper nourishment. Strange though it may seem it is a fact that thousands of people who eat well, and plentifully, are nevertheless undernourished.

The secret lies in the fact that it isn't what we eat that nourishes us but what we *assimilate*. If your organs are not in proper shape to digest your food, distributing its nourishing elements through the body to rebuild worn-out tissue, quantity in the matter of eating will not help matters.

If this were not the case, one would only need to increase the quantity of daily food to increase their strength and development correspondingly. Therefore the glutton would be a veritable giant in strength.

As a matter of fact all you eat over a certain sufficient amount serves only to put unnecessary work on the organs of digestion and elimination, and to draw the blood from the brain to help the digestive and eliminative processes long after these two processes should have done the work for the time being.

The more one eats the worse off they will be in health unless their organs are in good condition to take care of their food and turn it into the elements needed for the upbuilding of the body.

By hastening the process of elimination of waste matter and strengthening the digestive organs to perform their functions unaided, the Halliwell-Shelton Vibrator will do wonders to build up the undeveloped body.

Where there is wasting in a part, the Vibratory treatment will build it up by sending blood to the undernourished part.

Vibration, like exercise, has a strange faculty for promoting development of the body up to normal, and beyond that, to reduce. Therefore it is invaluable in the treatment of obesity.

It is what the doctors call *Passive exercise*—that which is taken without tiresome effect on the part of the patient. There is no resultant tiredness or stiffness of the muscles as after exercise by those unused to it.

Women will find the Halliwell-Shelton Vibrator wonderfully efficacious in rounding out thin arms or scrawny necks. The steady use of the Vibrator for ten minutes every morning and night will have an effect in developing skinny limbs that is positively astonishing.

GENERAL RULES TO FOLLOW IN USING VIBRATORY TREATMENT

Always apply the Vibrator in the same direction as the flow of blood, that is, toward the heart. For instance, in treating the arm begin at the hand and work toward the shoulder; in vibrating the limbs, commence at the feet and work upward.

It is also very important to move the Vibrator *slowly*. The vibrator should be allowed time to do its work over each particular center, and this can be accomplished ONLY by moving it along at a very SLOW pace.

STIMULATION AND INHIBITION—The length of time to apply Vibratory Treatment should not exceed five or ten minutes.

The length of any one Vibratory Treatment should not exceed ten minutes and the treatment should not be continued more than five seconds in one place to effect stimulation.

INHIBITION AND OVERSTIMULATION—A longer treatment is required to bring this about, just as a short, brisk walk stimulates, while a long, tiresome walk fatigues.

In cases of obesity a longer treatment is necessary as in treatment of Nervousness or Sleeplessness. Here again a longer treatment soothes the nervous system, while the shorter stimulates.

APPLICATORS—The Applicator is that part of the Vibrator which transmits the vibration directly to the body. It is also called the vibratode.

The Soft Rubber Applicators are for use in direct contact with the flesh, while the Hard Rubber Applicator is for use outside the clothing.

In treating any given part of the body it is immaterial which applicator is used so long as the treatment is agreeable.

Usually, however, the B or Brush Applicator is used on the scalp, though it can be used with good effect on any part of the body.

The T or Soft Rubber Disc is especially for Facial Massage, while the U is for treatment round the eyes and nose. Also used by specialists in Ladies' Facial Massage.

The Sponge or large Soft Rubber Applicator is for the body.

The general rule, however, is to use the applicator that proves most agreeable. Any applicator that causes irritation should not be used.

The Halliwell-Shelton "De Luxe" Vibrator marks an epoch in vibrator construction. Both for professional and home use it is extremely popular. Though the vibrations may be changed from 10,000 to 30,000 per minute, there is no vibration of the handle at even the highest speed.

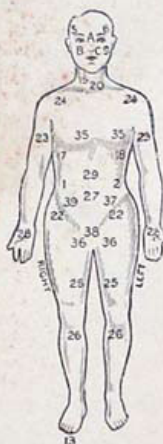
Halliwell-Shelton Vibrator Applicators

A—Hard Rubber Ball Applicator.....	\$0.75
B—Soft Rubber Brush Applicator.....	.60
C—Soft Rubber Cup Applicator.....	.60
D—Hard Rubber Disc Applicator.....	.60
F—Soft Rubber Vaginal Applicator for Physicians.....	2.25
G—Hard Rubber Rectal Applicator.....	1.25
H—Hard Rubber External Rectal Applicator.....	.75
K—Soft Rubber Attachment for M and P.....	.75
L—Soft Rubber Rectal or Vaginal Applicator for Physicians.....	1.50
M—Hard Rubber Prostatic Applicator for Physicians.....	2.00
P—Hard Rubber Cone Rectal Applicator.....	2.00
T—Soft Rubber Disc Applicator.....	.60
U—Soft Rubber Vacuum Half-ball Applicator.....	.60
W—Large (2½ in.) Soft Rubber Cup Applicator.....	1.00
X—Sponge Applicator (3 in.).....	1.00
Y—Soft Rubber (2½ in.) Disc Applicator.....	1.00



BRIEF DESCRIPTION FOR

OCOMOTOR ATAXIA and KINDRED AILMENTS—Vibrate on back of head and along spine from 21 to 10, up and down. Use brush applicator.



In treatment of chronic cases it is advisable to use Vibrator several times daily. While first treatment will relieve pain, the use of Vibrator should be continued to avoid a return of pain.